



Welcome

Home!

Proud Of You . . . Here For
You



Thank You!

**Proud Of You . . . Here For
You**



Reunion

Briefing

You Know You're Been Away In The Army "Too Long" When . . .

- Your kindergartner calls recess "smoke break"**
- You wife takes a knee in long checkout lines the commissary .**
- You call your in-laws "slice elements"**
- You issue your kids an LES with their allowance.**

You Know You've Been Away In The Army "Too Long" When . . .

- Your pickup has your name stenciled on the windshield.**
- Your son fails the third grade but tells everyone that he was a "Phase 3 Recycle".**
- Your wife left you and you held a "Change of Command" ceremony.**
- After sex, you conduct an AAR!**



Agenda

- **Interested In Your Perspective**
- **Some Things To Keep In Mind**
- **Recommendations From**

You

**Now That You're Back
Home . . .**

***What Are You Most
Thankful For?
(Little Things & Big Things)***

**Now That You're Back
Home . . .**

***What Do You Think
The Most Challenging
Thing About This
Deployment Has
Been?***

**Now That You're Back
Home . . .**

***What ways do you
think this deployment
has affected you . . .***

Negatively . . .

Positively?

**Now That You're Back
Home . . .**

***In what ways do you
think you've grown
during this
deployment?***

Now That You're Back Home . . .

***How do you think
those closest to you
“back here” have
grown or changed
during this***

Deployment =
CHANGES

Changes in:
YOU,
YOUR LOVED ONES,
YOUR RELATIONSHIPS

Lived On Two Different “Planets”

Your



Their



verses

Lived On Two Different “Planets”

Your Planet



Their Planet

“Dragons”

- Militarily high responsibility
- Low freedom / dependence

• “Just Cultures”

- Family high responsibility
- High freedom / independence

How Does That Change Impact You and Those You Love?

- High Excitement /
Expectations**
- May Feel Uneasy At Home**
- May Feel A “Low” After The
“High”**
- Physical Closeness May Take**

How To Deal With Change

- **Avoid the “SGM Syndrome”?**
- **Be “King or Queen of Compliments”**
- **Share What You Can As They Ask / When You Want**
- **TALK. DO. TALK. DO. TALK. DO.**
 - **Ways I’ve changed . . .**
 - **Ways you’ve changed . . .**

How *NOT* To Deal With Change

- **Clam Up** Cold Shoulder
- **Drink Up** Alcohol Abuse
- **Beat Up** Violence / Abuse
- **Shoot Up** Drug Abuse
- **Cash Out** Spending Binge
- **Check Out** Suicide

Choose *Constructive*, Not *Destructive*
Tactics

How To Handle Stress

1. **Pray** . . . Get power *outside* yourself for help *inside* yourself
2. **Play** . . . Find a *constructive* way to blow off steam and enjoy it (gym, walks, games, music, movies . . . Enjoy!)
3. **Stay** . . . Stay connected with friends (Battle Buddies) and loves (Family). Be courageous and run to them, not from them.

Am I Normal If I Have .

. .

- ***Trouble Sleeping / Nightmares***
- ***Flashbacks***
- ***Anger, Frustration, Irritability***
- ***Panic Attacks***
- ***Sadness or Guilty***
- ***Emotional “Numbing***

But You've Got A
Hidden Wound
Instead Of A
Visible One

Combat Stress &
PTSD

(See Combat Stress /

Post Traumatic Stress Disorder

- The Short Course -

Combat Stress goes away and doesn't interfere with your life; PTSD lingers or returns and does interfere with your life.

***Psychological, Emotional,
Physical "Range"***

***If you've been "hit", get
help!***

How Do I Get Help?

Own That You've Got A Wound!

Learn About Your Injury
(Book / CD / Website &
www.ptsd.org)

Quality Relationships are the
antidote!

Who's There To Help With Your Reunion?

Your Installation Care-Giving Team:

Your Chain Of Command

Your Unit

**Your Unit Chaplain
2289**

**The Chaplain Family Life Center
9014**

**Army Community Services,
Army Emergency Relief
2536**

**Family Advocacy Program
4013**

**Social Work Service
1661**

MACH Behavioral Health

Soldier & Admin Issues

Confidential Counseling

545-

Professional, Confidential Counsel

545-

**General Assistance & Referral 545-4043
Financial Assistance**

545-

Neglect, Abuse, Assault

545-

Anger, Family Violence

545-

Combat Stress PTSD

544-

U.S. Army



Chaplains

Who's There To Help With Your Reunion?

Pick Up Your . . .

**“Welcome
Home” Reintegration
Book, CD, & Website**
**[www.infantry.army.mil/welcome
home](http://www.infantry.army.mil/welcomehome)**



Welcome Home !

We're Proud Of You . . . We're Here For You



Got Your “Welcome Home Book” ?
Seen Your “Welcome Home Website” ?

[www.infantry.army.mil / welcome home](http://www.infantry.army.mil/welcomehome)

Who's There To Help With Your Reunion?

ACS' Soldier & Family Life Consultants

Civilian, Confidential Care and Referral For Broad
Spectrum Of Needs

Building 2624 Phone: 566-1033/545-2158

ACS' Family Advocacy Program

Victim Advocacy for Assault and Abuse

Respite Care and New Parents Program

Retreat Funding In Cooperation With Chaplains

Soldiers Plaza 545-1661

Who's There To Help With Your Reunion?

ACS' Army Emergency Relief

Non receipt of Pay, Loss of Funds, Utilities, Rent
Payments, POV Repair, Unexpected Medical Expenses
Short-term Interest free-loan
Building 2624 Phone: 545-4043/7517

ACS' Financial Readiness Program.

Financial Planning for Deployments and Transitions
Budget Counseling and Education
Assistance with Credit Problems
Consumer Information

Building 2624 Phone: (706) 545-4043/7517

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Chaplains

- **Chaplains** - **3 Ways We Can Help!**

1. Your Unit Chaplain
*Helpful advice, wisdom,
and referral*

*Until your unit returns you
can contact the Rear
Detachment Chaplain,*

*Chaplain Dave Phillips, at
544-3070*



THE CHAPLAIN
FAMILY LIFE CENTER



HELP FOR YOUR JOURNEY

2. The Chaplain Family Life Center

Professional &
Confidential

- Counseling
- “Welcome Home”
Support Groups
(Combat Stress / PTSD)
 - Soldier, Spouse, & Couple
Groups
 - Face-to-Face Groups

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Chaplains

THE CHAPLAIN
FAMILY LIFE CENTER



HELP FOR YOUR JOURNEY

2. The Chaplain Family Life Center

**Professional &
Confidential**

- **Single Soldier &
Couple Retreats!**

***(In conjunction with ACS and
scheduled through your Unit
Chaplain in MARCH 05)***

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Chaplains

THE CHAPLAIN
FAMILY LIFE CENTER



HELP FOR YOUR JOURNEY

2. The Chaplain **Family Life Center** **Professional &** **Confidential**

Chaplain Jeff Hawkins
Building 2606, Soldiers
Plaza
545-1760

Call For Appointment or

U.S. Army



Chaplains

3. **Post Chapels** Inspiration & Encouragement

11 Chapels,
29 Services Weekly On Post!
Special Chapel Series  Roads
Casual . Contemporary . Relevant

WELCOME HOME! Now What?



11 AM, January 15th, 22nd, 29th, at

new Follow Me Chapel (across from

New Location!

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More Help Right Now?

4 Group Opportunities For You . . .

All At Kelley Hill Chapel Each Day of Redeployment Briefings:

**1100 Building Great Relationships
Group (CH)**

**1100 Dealing With Stress (Behavioral
Health)**

1400

Dealing With Divorce (CH)



Thank You!

**Proud Of You . . . Here For
You**



AAR This Briefing!

**Fill out AAR please and
hand in at back table.**

- 1. Scale of 1-10, how
helpful was this reunion
briefing?**
- 2. What would you do to
make it better for the
Soldiers following you**

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Pick Up Your . . .

“Welcome Home”
Reintegration
Book, CD, &
Website

**Don't Forget Your
Key Tools For
Reunion!!!**

